

Dec/Jan Fruit- Mangoes!

Fun Facts!

- Mangoes are considered one of the most popular fruits in the world
- Cashews and pistachios are related to mangoes
- 5,000 years ago, mangoes were grown in India for the first time
- The mango can be incorporated into all types of meals and dishes
- Mango trees can grow up to over 100 feet and have been known to bear fruit for over 300 years
- Pakistan, Philippines, and India consider the mango to be their national fruit
- They come in over 400 different varieties and colors including yellow, green, and red



Did you know?

Mangoes can provide high amounts of Vitamin C, A, and daily fiber. Find mangoes at your local store frozen or fresh!



Easy Creamy Mango Dressing

Ingredients:

- 1 cup cubed mango
- 3 tbsp apple cider vinegar
- 3 tbsp olive oil
- 1 tbsp honey or maple syrup
- Pinch of salt

Instructions:

- Blend all ingredients together until dressing is creamy
- Adjust dressing as appropriate by incorporating more of the vinegar or honey/maple syrup

Tips:

- If you like a sweeter dressing, add more honey/syrup
- if you like a more acidic dressing, add more vinegar
- Add some chili to give it a spicy kick!